

WESTFORD COUNCIL ON AGING NEWSLETTER

MAY 2016

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire France Records Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene Jungbluth Lead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Marie Lawrence Nutrition Site Manager
Christopher Mitchell Maintenance
Peter Murphy Evening Supervisor
Katherine Russell Senior Assistant

Helena Crocker Chair

COUNCIL ON AGING BOARD MEMBERS

Robert Tierney Vice Chair
Nancy Cook Clerk

Dorothy Hall, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

Edward Greenwood President

FRIENDS OF THE CAMERON OFFICERS

Richard Severyn Vice President
Joyce Cederberg Secretary
Joyce Newton Treasurer
Barbara Upperman Asst. Treasurer

The Cameron Senior Center will be Closed on Monday, May 30th for the Memorial Day Holiday.

"GAY NINETIES CELEBRATION"

The Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 24th from 10:30 AM – 2:30 PM at the Franco American Club**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is necessary, at 978-692-5523 before May 13th.** If you were born in 1926 or earlier, please indicate your birth date when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **two** guest and they will be seated at your table; **both the honoree and their two guests attend free of charge.** The cost for the other guests will be \$10 if you are not a member of the Friends of Cameron and \$7 if you are a Friends member. Transportation is available.

SPECIAL TRIP OF THE MONTH: KIMBALL FARM

Take the COA Van to Kimball Farm on **Tuesday, May 31 at 11 am** and enjoy a lovely lunch (on your own) and a **free** Kiddy Kimball Ice Cream Cone. Participants must sign up at the Front Desk by calling 978 692 5523. You will be given a ticket good for a free kiddy cone. Sign up early seats are limited. Cost is \$3 for Transportation. **We will be doing this again on the last Tuesday of the following summer months, June 28, July 26 and August 30.**

SPECIAL SENIOR DAY with STRAWBERRY SHORTCAKE & MORE JOIN US AT THE TOWN CENTER ~ TUESDAY, JUNE 28



"In partnership with the Cameron Senior Center, the Westford Farmers Market will be hosting a **Special Senior Day** with Strawberry shortcake, music of the day and good ole fashioned community spirit. We invite all our wonderful Westford Seniors to come and celebrate their special day at the farmers market.

Shortcake served at 3:30 - 4:30 pm. Free to Seniors! Please bring a folding chair or blanket for seating.

Bus transportation available from Cameron Senior Center if you do not want to look for a parking spot in Town or simply need to be picked up...."
Please RSVP to 978-692-5523 by Thursday, June 23.

Director's Message

Dear All,

Recently, I had the opportunity to visit **Emerson Hospital's** campuses in Westford and Concord for rehabilitative services and sport therapies along with our outreach coordinator Annette Cerullo. We were greeted by **Terry Ennis the Director of Rehabilitative Services**. In touring the state of the art facility and seeing some familiar faces engaged in their physical therapy I could not stop and realize how much we can learn from a meeting, program and individual. The time we spent listening and touring both campuses I was excited about the education and programs we could provide to our center that could be so helpful to individuals now and in the future. We learned an Aphasia Conversation Group which allows one to practice their communication skills with others and is facilitated by a language pathologist. Also, very interesting was their a LSVT Program for those with Parkinson's disease. This research-based program assists in "Recalibrating" the brain to empower one to use internal "cueing" strategies for better movement and activity. I hope in the next few month we will have some of these programs as well as a Move Better, Perform Better which provides an active adult an injury risk assessment, which is a complete athlete screening, provides focused corrective strategies, custom exercise program and more.. We are glad to have this partnership with Emerson Hospital and we look forward to sharing more wellness opportunities with you. Before, I leave this thought one thing that I saw mirrored in the many programs we learned about that AM was the importance of exercise and simply staying active. So, please read through this activity filled newsletter and let's stay active and engaged. If you know someone who perhaps needs a little encouragement in getting out, the Cameron Senior Center is a great first stop.

Perhaps, I will see you in the Kite building and flying program, enjoying a nice Wed. or Fri. lunch with Dave or hopefully singing loudly at the birthday bash enjoying **Bill Vullo's** shrimp scampi. Don't forget to share your suggestions! This month **Bob France** one of our fabulous van drivers asked if we could do a trip to **Kimball's** and to the new **Whole Foods** and guess what we did? If you can find where we listed these two trips in the newsletter and your the first one to contact Katie we will provide you with a \$10 gift card from **Market Basket**.

See you at the Cameron,

– *Jennifer Claro, Director*

BREAKFAST PROGRAM

Monday ~ Friday, 8am ~ 10am

Start your AM with **Dave Loiselle and Angelo Fillios**. The Cameron is glad to offer a light breakfast thanks to the

News and Events

Friends of Cameron. We guarantee you service with a smile, kind words and/or a laugh or two. Thanks Dave and Angelo!

HOME COOKED LUNCH PROGRAM with "CHEF DAVE" LOISELLE

Lunch will be served at 12 pm on Wednesdays and Fridays. The cost will be \$3.00 per meal. Please sign up two business days in advance by calling 978.692.5523.

Wednesday, May 4 ~ Mac & Cheese with broccoli

Friday, May 6 ~ Salad Bar

Wednesday, May 11 ~ Loaded Baked Potato & Chili

Friday, May 13 ~ Salad Bar

Wednesday, May 18 ~ BLT's, chips and fruit

Friday, May 20 ~ Salad Bar

Wednesday, May 25 ~ Cheeseburger & Potato Salad

SUMMER SALAD BAR IS BACK!!!

Most affordable and delicious salad bar in Town so join us for the "Re-opening" on Friday May 6th at 12 p.m. and every Friday thereafter. Salad Bar cost is \$3.

ELEGANT CHEF LUNCHESES

Sponsored by Cummings Foundation

Nashoba Tech's The Elegant Chef's students are on vacation for the summer but will be coming back to the Cameron Senior Center again in the fall.



Food & Friendship

SPAGHETTI DINNER

The Westford Police Association invites you to join them at a Spaghetti/Meatball Dinner on **Friday, June 17th at the Franco American Club between 5 and 9 PM. Dinner will be served around 5 PM.** Entertainment provided. This is FREE to all Senior Citizens age 60 and over. Raffle prizes will be donated by local businesses. Seniors must call the Cameron Senior Center at 978-692-5523 to reserve their dinner seat.

MEN'S BREAKFAST

Tuesday May 10 at 8AM. May Men's Breakfast will feature **Michael Lawee, a respiratory therapist with Mass Lung & Allergy, PC** a private practice that is affiliated with Emerson Hospital. He will discuss common sleep disorders. Please RSVP by Friday May 6th by calling 978-692-5523 or email achristopher@westfordma.gov so that we can plan for food.

June Men's Breakfast will be on the **14th at 8AM** and will feature **Herb Crehan.** He is in his 20th season as a contributing writer for Red Sox Magazine and a preserver of Boston baseball history.

WOMEN'S BREAKFAST

Thursday May 12 at 8 AM In honor of Mother's Day, we are fortunate to have **Patti Mason, Mary Alcorn, and Angela Harkness** sponsor this beautiful event. A presentation on **Forge Village** will be given by **Geoff Hall.** Please RSVP by Friday, May 6 by calling 978-692-5523 so we can plan for food.

NOTE: this will be our last Woman's Breakfast for the series so enjoy your summer and see you back on **Thursday, September 8.**

LUNCH & LEARN – Please RSVP for Lunch and Learn Program at the Front Desk 978 692 5523 so we can plan for food. The first 18 people are guaranteed food.

Friday, May 13, at 12:15p.m. ~ Paint Along New England with Priti Lathia. Lunch will be sponsored by **Brightview Concord River . RSVP by May 6.**

Friday, June 10, at 12:15p.m. ~ Keeping your Brain Healthy & Active with Bridges by Epoch, Westford. Lunch will be sponsored by **Bridges by Epoch. RSVP by June 3.**

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, May 25 at 11:30 am at Fishbones, 34 Central Square, Chelmsford**

Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

BIRTHDAY CELEBRATIONS with Bill Vullo

Bill has graciously volunteered to prepare our summer birthday lunches since the Elegant Chef will be on hiatus

for the summer. Join us **Thursday, May 26 at 12:30 pm** for a scrumptious menu of *shrimp scampi, salad, garlic bread, cake, and ice cream.*

Lunch will be provided **free** for birthday celebrants ~ **\$5 for everyone else.**

All are welcome to join us for free cake and ice cream at 1 p.m., in the Welcome Area at the Cameron. For either option, RSVP to 978-692-5523 by Monday, May 16.

LIVING WITH LOW VISION

Tuesday, May 10 at 9am

Sponsored by Life Care Center of Nashoba Valley and the Westford Board of Health

Health & Wellness

Presenter : **Thai Saengkheune, OTR/L** share his insights and perspectives on dealing with visual impairments as well as rehab from a comprehensive perspective from OT/PT and Speech/language (SL). Thai will share his experience working with patients in Home Safety Assessments and Stroke Rehab. Join us at the Cameron for this informative presentation. Please call **978-692-5509 to register by May 6.**

DIABETIC SHOE CLINIC ~ PICK UP

Wednesday, May 25 at 1:00 p.m.

If you ordered shoes with Amy Baxton, she will be back with your shoe order on the above date and time. Please come to the Cameron for pick up.

GRANDPARENTS-LET'S KEEP OUR BABIES SAFE!

Westford Health Department is having an educational session on the importance of the Tdap (Whooping Cough – Pertussis) vaccine for those grandparents who have not been vaccinated. **Date: May 12 ~ 1-3 pm,** Town Hall, 2nd floor conference room. Tdap vaccination will be offered immediately following session, **FREE** of charge but

RSVP is required. Call 978.692.5509.

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

VOLUNTEER DRIVERS WANTED, CALL 978-399-2330.

BLOOD PRESSURE & MORE – Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Available at Cameron Senior Center:

- **Tuesday: May 10 at 9 a.m.** with Board of Health.
 - **Monday: May 23 at 8 a.m.** with Circle Home, Inc.
- PODIATRY CLINIC – Monday, May 16 at 9:30 a.m.** Advance appointments are necessary with Dr. Aileen Gregorian. Call 978-692-5523. **Cost is \$30.**

BOARD OF HEALTH CLINIC

Monday: May 9 from 9:30 - 11:30 a.m. Hearing/

Hearing Aid Screenings at Cameron with **Dr. Megan Ford from HearSmart Audiology** of Littleton. By appointment only. To book your 40-min. appointment, call the Board of Health at 978-692-5509.

THANKS TO THE GENEROSITY OF THE FRIENDS OF THE CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE. PLEASE CONSIDER A DONATION TO 'THE FRIENDS.'

NOTE: SEE MONTHLY CALENDAR ON PAGE 9 FOR CLASSES. WE INVITE ALL TO PARTICIPATE

FITNESS/STRENGTH TRAINING ROOM

Fitness and Exercise

Monday – Friday, 8 a.m. - 3:30 p.m.

We have a splendid variety of equipment for both aerobic activity and strength building. Open year round. Come check us out! \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

Are you in need of any services or assistance at home? If so, give me a call to discuss the situation and we can brainstorm options together. We are here to help you remain safely independent at home. There may be resources that could greatly improve your situation so don't hesitate to call. I'm glad to speak with you on the phone, in the office or come out to your house. I look

Outreach & Support

forward to supporting you. Your Outreach Coordinator, Annette 978-399-2326.

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m. For information, call Sandy at 978-758-6072.
- Chelmsford Senior Center, 2nd and 4th Monday each month at 1 p.m. For information, call 978-251-8880.

COMPANION & RESPITE CARE – Provides supervisory care for those age 60 and up and/or disabled residents to allow caretakers a time of rest. Available days, evenings, overnights and weekends, on a temporary or permanent basis. For information, call Chelmsford Senior Center at 978-251-8491.

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m. Doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322, in advance.

GENEALOGY WORKSHOP

Interested in researching your family's ancestry? Call

Ongoing Activities

978-692-5523 to arrange for a private, one-on-one genealogy consultation with an expert.

MUSIC MAKERS – Fridays at 9 a.m. *Singers Wanted!*

Like to sing? Join us as we start a new spring repertoire!

QUILTING CLUB – Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS – Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

ASK THE LAWYER – Tuesday, May 10, at 9 a.m.

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursday, May 12,

11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available

Support Services

for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR – Monday, May 9, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

SHINE – Monday, May 9 at 1 p.m. Call for a private, confidential appointment at the Cameron to answer your health insurance or Medicare questions. Call 978-692-5523.

VETERANS SERVICES – Thursdays, 8 a.m. to noon.

Meet with Westford Veterans Agent/Veterans Service Officer Terry Stader at Cameron. His regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., is open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

TRANSPORTATION FOR 60+ SENIORS & DISABLED

Our cheerful transportation team is here to offer affordable rides to appointments medical, hair dresser, local errands, shopping, and trips to the Senior Center for your convenience. Every Wednesday we run trips to Market Basket. Vans are scheduled from 8:00 – 3:00 Monday – Friday. **To schedule a ride please call 978-399-2322 at least 48 hours in advance.** The cost for a round trip within Westford is \$3; for surrounding towns: \$6, and for out-lying towns: \$8. Should you need to cancel a ride the day of your appointment, please call the front desk at **978-692-5523**. When leaving any messages *please leave your name and phone number.*

Our first shopping trip to **Whole Foods in Westford** will take place on **Thursday May 12** with first pickup at 10:00 AM. Please call Chuck at 978-399-2322 to get your name on the shopping list. Also please mention if you would be interested in a weekly trip to Whole Foods.

FOOD PANTRY

WESTFORD COMMUNITY FOOD PANTRY, LOCATED ON THE FIRST FLOOR AT CAMERON, IS STAFFED BY VOLUNTEERS.

MAY HOURS:

- **Monday: May 2 & 16** from 1 - 3:30 p.m.
- **Wednesdays: May 4 & 18** from 8:30 - 11:30 a.m. and **May 4, 11, 18 & 25**, from 6 - 8 p.m.
- **Thursdays: May 5 & 19** from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Fridays: May 6, 13, 20, & 27** from 8:30 - 11:30 a.m.
- **Saturdays: May 7, 14, & 21** from 9 - 11 a.m.

CAMERON CLOSET

NEW SPRING & SUMMER SELECTIONS

Now accepting Spring and Summer clothing in good condition; as well as other household items.

MONDAY - FRIDAY: 9 A.M. - 3 P.M.

FITNESS REIMBURSEMENT – Many health insurance companies offer a fitness rebate up to \$150 for those who participate in an approved fitness center. The Cameron Senior Center qualifies as such with several insurance companies. Please check with yours. Get a Fitness Rebate Form and submit it with proof of fitness center membership and payment, for the previous year's fitness. Now is the time to submit for your 2015 rebate.

NEED HELP PAYING FOR GROCERIES?

If you are 60 years or older, you may qualify for food assistance via the Supplemental Nutrition Assistance

Financial Info

Program (**SNAP**). For info, call the Food Source Hotline at: 1-800-645-8333.

PRESCRIPTION DRUG COSTS TOO HIGH?

Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, call 978-692-5523 for a SHINE appointment.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011/month	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

MEDICARE PART B PREMIUM - 2016

Many may have heard that Medicare Part B premiums are going up -- but this is **not** true for *everyone*. Those whose Part B premiums were deducted from their Social Security checks last year will continue to pay \$104.90 per month. Those newly enrolled in Part B this year will likely pay \$121.80 per month. Those with incomes greater than \$85K (\$170K per couple) will pay significantly higher premiums -- and people with limited income and assets may qualify for a program to help pay for their premiums. For a private, 1-on-1 consulting session about your health insurance, call 978-692-5523 for a SHINE appointment.

PRESCRIPTION ADVANTAGE – Need help paying for prescription drugs? Prescription Advantage, a state-run program, helps many seniors pay for these costs. There is no charge for joining, if your annual income is less than \$35,011 for a single person and \$47,191 for a married couple. There is **NO** asset limit! For information, call 978-692-5523 and ask for a SHINE appointment – or call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their website at: www.prescriptionadvantagemma.org.

T.R.E.A.D. Applications will be available at the Senior Center in May this year and will be **due on August 1st**. Awards will be determined at the December 2016 T.R.E.A.D. Committee Meeting. This program is a donation funded program for real estate tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. If you have questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

SENIOR TAX WORK-PLEASE NOTE CHANGES TO APPLICATION PROCESS-Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work

in a Town department in exchange for up to \$1,000.00 reduction in your FY 2017 real estate tax bill. This pay is subject to mandatory payroll tax and retirement deductions. The net pay is applied toward outstanding tax balances. **You must submit a NEW application if you are interested in being placed this year**, even if you have participated in the past. We will be placing first time applicants first, and using a lottery to place repeat applicants if necessary. Depending on the number of applications received, we may have to exclude participants from FY 2016, but you are welcome to apply. Senior program applicants must be 60+ years old, and own and occupy the property for which Westford taxes are paid. Veteran applicants must meet the MGL criteria for veteran status, must have been honorably discharged, and own and occupy the property for which taxes are paid. **Applications must be submitted to the Senior Center by May 10th**. The lottery will take place on Friday May 20th at 2PM at the Senior Center. All placements depend on applicant skills matching department needs (disabled Veterans may assign a proxy if approved by the VSO). If you have any questions, call Alison Christopher, LICSW at 978-399-2325.

DID YOU KNOW...

Emerson Hospital has an extensive rehabilitation program here in Westford and Concord. They offer: a new state of the art Concussion Treatment Center and Support Group, Aphasia Conversation Group, An Injury Risk Assessment, the STAR Program for Cancer Survivorship, the Better Balance Clinic, Neuro Rehab., LSVT BIG treatment for clients with Parkinson's, and a Driver Assessment Program. For more information about these programs please call the Westford Center at 978-589-6850 or the Concord Center at 978-287-8200.

Are You Interested?

YARD SALE ~ FRIENDS OF CAMERON

On **Saturday, June 11 from 9 AM-1 PM**, The Friends of the Cameron Senior Center will sponsor an indoor yard sale at Cameron. We are in need of your yard sale donations in good condition. Donations should be brought to the Cameron (rear of building red door) on Friday, June 10 from 1 – 3 PM. Table space is available to rent from us at \$15 per table. You need to complete an application. Please contact us at 978-692-5523.

Checks are to be made payable to Friends of the Cameron Senior Center. Volunteers are needed for set up on Friday, June 10 from 12:30-4 PM and clean-up on Saturday, June 11 from 12:45 -2:30 PM.

CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2 year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

RED DAY

The local real estate agency, Keller Williams, is hosting a spring cleanup date for a few of our local senior veterans. If you are interested in this help in May please contact Annette, the Outreach Coordinator at 978-399-2326. Much thanks to this organization for their offers of help!

HANDYMEN

We are fortunate to have a few men who have graciously volunteered to help our local seniors on fixed incomes with small projects i.e. hanging curtain rods, moving air conditioners, fixing lamps, small paint/ carpentry jobs, etc. If you have a job that you need assistance with call your Outreach Worker, Annette to discuss it at 978-399-2326.

FAITHWORKS

We would like to extend our appreciation to all the volunteers from local Methodist churches that provided a day of service to Westford seniors on May 7th. The residents greatly benefited from this outreach program.

SPRING CLEAN UP

For those that meet the guidelines and have signed up by our March 25th deadline we are doing our best to find volunteers to do this work for you. Once you are matched up with a volunteer organization (i.e. scouts, church or students) they will get in touch with you to make the cleanup arrangements. If you have any questions feel free to contact Annette, Outreach Coordinator at 978-399-2326.

BOARD MEETINGS

- COA Board – Wednesday: May 11, at 4 p.m.
- Friends of Cameron – Thursday: May 5, at 12:30 p.m.

NEWSLETTER MAILING – Vacations or Snowbirds

If you will be vacationing or away from home for an extended period of time, please notify us so that we can temporarily stop mailing newsletters until you notify us of your return. This will help save us \$\$ on postage. Call Claire at 978-399-2321 or email: cfrance@westfordma.gov.

****NEWSLETTER POLICY****

Free to all Westford residents age 60+ in town and by email. Newsletters will be \$6 per year for out-of-town subscriptions by mail.

GOLF ~ TIME TO GET TO THE GREENS!

Come enjoy nine holes of golf at Quail Ridge in Acton **starting May 3**. The fee of \$25, includes 9 holes of golf and an electric golf cart, is paid each time at the Club House. Please pre-register at the Cameron Senior Center by calling 978-692-5523. Please arrive at Quail Ridge at 8:30am and be ready to hit the links by 9am. **Please note Tee off times for 5/10, 6/14, 9/13 and 10/11 will be at 10:00 am.** A good way to meet other people and play a round of golf.

LET'S BUILD, DECORATE AND FLY OUR KITE AT

Volunteers NEEDED!

Let us know if you can volunteer!

- Women's Breakfast
- Westford Farmers Market
 - Gaining Ground
 - Thrift Shop
 - Fitness Room
 - Special Programs
- Read/Translate Hungarian

FOR MORE INFO. CALL KATIE AT 978-399-2330 OR
EMAIL: krussell@westfordma.gov

Future Events

Eddy kite with tails that flies well indoors and outdoors. All the materials will be provided and the flying line is included. Glenn has created more than 50 miniature kite designs, which have won first place for smallest, best in flight, and judge's special awards. **Cost \$5.00**

Please take a look at Glenn's website:
davisong.wix.com/kite-workshops.

MARY KAY MINI MAKE-OVER

Treat yourself for SPRING

Come enjoy highlighting or simply refreshing your wonderful facial features with Gwen Regan, an experienced Mary Kay consultant on **Friday, May 6th from noon to 3:00.**

We will book individual and/or friend consultation every 20 minutes in the Wellness Office. Please call 978-692-5523 to schedule your appointment.

FRIENDS OF THE CAMERON

COOKOUT & GRILL NIGHT

The Friends and the COA invite you to sign up for the following cookout and grill night. We eat indoors. **Reservations are a must.** Please call 978-692-5523.

♦ **INDEPENDENCE COOKOUT**

Join us on Thursday, June 30 with food served at 12 Noon. We will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share.

♦ **GRILL NIGHT**

Thursday, July 21 at 4 PM

Hamburgers and hot dogs served, please bring a salad or dish for all to share. The **cost is \$2.00 for Friends' Members and \$4.00 for non-Friends' Members.**

THE CAMERON

Friday June 24th at 1p.m.

Calling all ages 8-108 to come build and decorate an

****PLEASE READ******NEW INFORMATION**

World PEAS is a program of New Entry Sustainable Farming Project, based in Lowell MA. Their mission is to improve the local food systems by training new farmers and subsequently make their produce **available to all individuals regardless of socioeconomic status**. Thanks to a grant through Nashoba Valley Healthcare Fund our Cameron Center was selected as a distribution site for World PEAS. To participate in this program which will start TBD (June) you must register by calling the front desk at 978-692-5523 and state "World PEAS". We will have a waiting list and those that go on the waiting list will be the first to receive fresh, organic pre-packaged on the next distribution date. Please remember you must register for each distribution date. Participants will receive a number at check-in and that is the numerical manner which produce will be distributed. How exciting for ALL!

GAINING GROUND must meet income guidelines...

This year we have been asked to ensure our distribution of organically grown produce given by Gaining Grounds meets their mission statement, which is in short "to grow organic produce for hunger relief with the help of volunteers". New this year, we will be using the **Fuel Assistance income guidelines** for qualification. If you meet these income guidelines you will simply need to do a income attestation. We expect this program to start in June and it will be offered to **ALL Westford Households that meet the income criteria found below**. To sign up please call 978-692-5523. We are excited to be able to provide this program to Westford.

INCOME guidelines: Family of 1- \$33,126, Family of 2- \$43,319, Family of 3- \$53,511, Family of 4- \$63,704, Family of 5- \$73,897

EMERGENCY CONTACT INFORMATION

Please stop by the front desk and verify or let us know if your emergency contact information has changed. This is so we can ensure that our records are accurate in case of an emergency here at Cameron.

Thank you!




**MEMORIAL DAY**

Town wide celebration of Memorial Day will be held on Sunday, May 29th. Ceremonies will be conducted at Freedom Park @ 9 AM, Forge Village monument @ 9:15 AM, Graniteville monument on North Main Street @ 9:45 and then at Nab Lake, Byrre Ave. dam at 10:30. On the Town Common, the reading of the Honor Rolls will begin at 10:45 AM. Culminating the ceremonies will be a parade starting at noon from the Roudenbush Community Center to the Town Common where various tributes will be given. Veterans who would like to participate should meet at the Cameron Senior Center at 8 AM on Sunday. Join us if you can. If you'd like to participate, contact Terry at (978) 392-1170.

CEMETERY FLAGS - US Flags for veteran graves will be in place by mid-May in time for Memorial Day. They are removed each year after Veterans Day so they are not covered by snow. A round veteran marker remains in place all year round. The US flag gets placed into that holder. Missing markers and flags should be reported to the VSO office by calling (978) 392-1170.

**Cumberland Farms**

Donated \$1000 to the Council on Aging on behalf of the Friends of the Cameron for a new lunch program.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	3 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	4 Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	5 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	6 Aerobics 8:30 am Music Makers 9 am Salad Bar 12 pm Ping-Pong 10 am Wii 1 pm
9 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon SHINE 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	10 Men's Breakfast 8 am Basic Zumba 8:15 am Billiard Players 8:30 am Blood Pressure 9 am Ask the Lawyer 9 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	11 Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	12 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	13 Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Salad Bar 12 pm Lunch & Learn 12:15 pm Wii 1 pm
16 Podiatry Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	17 Basic Zumba 8:15 am Billiard Players 8:30am Blood Pressure 9 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	18 Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	19 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	20 Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am Salad Bar 12 pm Wii 1 pm
23 Blood Pressure 8 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm	24 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	25 Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	26 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am May Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	27 Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Salad Bar 12 pm Wii 1 pm
30 CLOSED  HOLIDAY	31 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	 2016	

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DAY TRIPS

**CALL 978-692-5523 FOR RESERVATIONS FOR ALL TRIPS.
PAYMENT BY CHECK TO ‘TOWN OF WESTFORD’
IS DUE AT SIGN-UP.**

**NO REFUNDS FOR CANCELLATIONS WITH LESS THAN
10 BUSINESS DAYS ADVANCE NOTICE**

UNLESS OTHERWISE NOTED

TRANSPORTATION DEPARTS AND RETURNS FROM THE
FRANCO AMERICAN CLUB, 55 WEST PRESCOTT ST.
PLEASE PARK AT THE REAR OF THE LOT.

**Saturday, May 7— Commonwealth Shakespeare Co.
is presenting “Mid Summer Nights Dream”** at Babson
College. The trip cost is \$25 p/p for trip and show. Lunch
on your own at Bertucci’s before the show. Departure
from Cameron at 12 Noon, please arrive 15 minutes
earlier for check in. Seats are limited, sign up soon at
978-692-5523.

**Wednesday, May 11 - “Isabella Stewart Gardner
Museum”**, join us and Fox Tours as we visit this
renowned institution, evocative of a 15th century Venetian
Palace whose eclectic art collection reflects Isabella
Stewart Gardner herself. Lunch will be at the Venezia

Restaurant on Boston’s waterfront. Please sign up and
choose your entrée of Baked Haddock, Chicken
Parmesan or Steak Tips. Cost is \$82 p/p including driver
gratuity. Departure time is 9 a.m.

Tuesday, June 7, “Mohegan Sun”, Buckingham Motor
Coach departs from the Franco American Club at
7:15 AM. The fee of \$30 includes driver gratuity and is
due at time of sign-up. Receive bonus and food coupon.
Please call 978-692-5523 to register.

Wednesday, June 8 - “Play It Again Sam”

At The Newport Playhouse & Cabaret Restaurant with
Fox Tours. After experiencing Newport’s beautiful Ocean
Drive, you’re off to The Newport Playhouse and Cabaret
Restaurant. Here you’ll enjoy a great buffet, a wonderful
play and a fun filled cabaret performance. Departure time
is 8:30 a.m. with return home around 6:00 p.m. The cost
of this trip is \$92.00 p/p including driver gratuity.

Tuesday June 19- "The Hay Day of Big Bands & Pop Goes the Fourth"

Best of Times is proud to present this show. Our summer
concert features a wide range of favorites swing, jazz,
rock, pop, "cool" jazz, funk, bebop, blues, and Latin.
Enjoy the rich sound only a fully instrumented 20 plus-
piece big band and dazzling vocalist can provide. All
inclusive cost is \$82 p/p includes driver gratuity.
Departure time is TBD.